

-chester and Salisbury. With a number of Lowestoft's top athletes unable to make the journey, best performances came from Keith Garrod and Alan Saunders with victories in the discus and hammer. However, we managed to finish in fourth place in the teams out of the five clubs.

In May the club produced six county champions at the Suffolk A.A.A championships held at the new all-weather track at Northgate, Ipswich. Bill Cook took the title for the 3000m walk in a time of 15-36.1. Although an Australian resident for around 15 years, Bill is Suffolk born. Barbara Cook is Bill's daughter and at 14-years-old is a very promising athlete. A keen walker herself, she settled for the junior ladies' discus (26m-40cm) and javelin (32m-08cm) titles. Her javelin was a new county record. James Keable was another javelin victor, for him the boys' title with a distance of 36m-80cm. Jonathon Laughland has had a very good start to the track season already, and his win in the 1500m steeple-chase in 5-05.0 was a typically good effort. The junior mens' 800m title went to David RILEY in the excellent time of 2-04.4. Claire Short took the ladies' long jump title in a leap of 4m-85cm.

At the end of May our athletes travelled to Diss to compete in the Diss open meeting. The club had reasons to celebrate when we won the mens' trophy and the women finishing second in their group. There were wins on the track by Stuart Calver in the 800 metres (2-41.8) and Tommy Blackett 100m (15.7secs). Also in the younger age groups there were wins for Jamie Miles, 100m (15.3secs) and 200m (31.1secs) and in the long jump, Blackett gained another first with a leap of (4m-16cm). Top three teams were: Lowestoft 150pts; Diss 133pts and Loddon 109pts.

In the womens' match sisters Sharyn and Paula Sarbutt triumphed, Sharyn winning the 100m (16.2secs) and Paula in the long jump (3m-40cm). Lorraine Baldry also put in a good performance finishing second both in the 800m (2-44.4) and javelin (15-73cm).

Top three teams were: Diss 139pts; Lowestoft 81pts and Lingwood 67pts.

The first week-end in June saw our senior men at Yarmouth for a Southern Mens' League match. At least it was nearer to home than the normal 200-mile round trip! It was quite a tough match, Yarmouth winners with 144pts, Verlea 119pts, Lowestoft 99pts, Thurrock 93pts and Tonbridge 63pts. Lowestoft's only two vic-

-tories was Gary High(59.4) in the 400m hurdles 'A' race and Nigel Saunders(64.6) in the 'B' string.

Some fine performances were recorded when Lowestoft Athletic Club held its Silver Jubilee trophy meeting at Walmer Road. There was a full programme of events from minor girls' and boys' up to the seniors, the meeting sponsored by the Lions Club. In the 100m and 200m sprints there were wins for Janet Howes(14.6secs) in the minor girls' and Clare Short(13.5secs) in the junior ladies'. Jamie Miles was successful winning the 100m and 200m colts, recording 14.1secs and 29.0secs, while close behind in both events was Tommy Blackett clocking 14.7 and 30.0. In the 400m senior mens' event, Gary High ran well to take first place in 52.6, closely followed by Clive Humphries in 55.1. Lorainne Baldry took second place in the minor girls' 800m, recording 2-40.3. The inter-ladies 1500m saw Karen Tallett finish second in a time of 5.40.5, while Glen Platford ran well to take third in the boys' 1500m in a excellent time of 4-54.8. Not to be out done, Robert Cheverton ran a tactical 5000m in the senior men', building up a convincing lead over the 12½ laps to take first place in 15.54.1. LESLEY LEUTY was victorious in the womens' discus throwing a distance of 26m-82cm.

Brian Tate had now found interest in the triathlon and entered for the Mansfield Triathlon in July. The race involved a 500 metre swim, 21 mile cycle event and a six-mile cross-country run. Brian, who recently joined V.C Baracchi and Oulton Broad Swimming Club, had been training hard since the beginning of the year. However, Brian, in determined mood, set a blistering pace throughout all three stages, finishing in a class of his own in 1hr-45mins. to win his first triathlon.

At the start of July the club competed in the Norfolk/Suffolk League meeting held at Lakenham, Norwich. Sharyn Sarbutt, Barbara Cook and Gillian Farmer were particularly dominant, winning all their events. Sharyn's diverse talents were on show in the 1500m 'B'(6-01.9), the 80m hurdles 'B'(16.4) and the high jump 'B'(1m-10cm). Field specialists Gillian and Barbara took the honours in the 'A' and 'B' strings of the javelin, discus and shot putt. Lesley Leuty, Gillian's older sister, won the discus and shot senior ladies events.

In the male age groups, Roy Clements took first spot in both

the discus(33m-84cm) and shot putt(10-28cm). Gary Durrant had a double winning the 75m hurdles(16.2) and 200m(29.5) PB,WHILE Paul Reeve had success in the triple jump(10m-35cm). There were wins for STUART CALVER ,Jamie Miles and Gary Knights.

A mid-week meeting at Ipswich saw Barbara Cook reign supreme in the area,winning the shot putt in 9m-52cm and javelin 32m-60cm Eight of our athletes recorded personal bests that evening on the newly laid all-weather track.

Our next Southern Mens League meeting was held at Wycombe in mid-July. A couple of our youths joined the senior mens team, but despite victories by Gary Knights and Gary High,the four opposing teams were too strong for Lowestoft,finishing in fifth place behind Par(Cornwall),Swindon,Fleet(Hants), and Didcot(Oxon).

The younger members of the club continued to produce good quality performances in their latest programme of the Easton Young Athletes League at Walmer Road.Among those boosting the home club's points total were Jamie Miles with wins in the 100m(14.0) and long jump (4m-40cm);Robyn Sustins 100m(11.6) and 200m(23.7) won both and Simon Holland took firsts in the triple and long jump recording (11m-67cm) and (5m-45cm) respectively.

For the girls,Paula Sarbutt completed the double winning the long jump(3m-87cm) and hurdles(17.1). Two other girls had a trio of wins-Barbara Cook in the shot putt(9m-81cm),discus(23-30cm) and javelin(31m-04cm),while Debbie Moore had success in the 100m)14.4 long jump(4m-12cm) and hurdles(14.2).There were also wins for Tommy Blackett in the high jump(1m-33cm),Steven Croft,80m hurdles, (15.8),Stuart Salmon,javelin,(28m-20cm),Martin Edmeades,javelin, (18m-18cm),Paul Reeve,long jump(4m-78cm) and triple jump(10-75cm), Joanne Howes,200m(28.5),Tracey Fiske,shot putt,(4m-54cm),Clare Short,100m(13.6) and long jump(4m-90cm).

The July of '83 saw a visit from northern Germany of 'LG Tönning St Peter,a fishing port a similaire size town to Lowestoft. Their stay was for a week,club parents putting the visitors up in their own homes organized by John and Barbara High. Most of the week was spent showing our German visitors the local sights.On the Thursday evening both clubs took part in a friendly track and field meeting. Before the events commenced,both clubs presented pennants to each other to mark the occasion. The meeting itself went very well,both clubs evenly matched. On the Friday before their departure,we put on a social evening for our visitors at Walmer Road to bring a very successful week to a conclusion. Our ladies' in August hosted a Southern Womens League at Walmer

Road, our visitors were Gt Yarmouth and West Suffolk. Despite the club recording a significant number of victories, particularly in the field events, it was Gt Yarmouth who won the day with 182pts, Lowestoft 153pts and West Suffolk 125pts. There were wins for Clare Short and Lorraine Baldry and a trio of field event wins each for Barbara Cook and Gillian Farmer, with Lesley Leuty taking first place in two others.

The final fixture of the Norfolk/Suffolk League was staged at Lakenham with Lowestoft competing against six other regional clubs. All age groups involved and the final league table when compiled would provide Lowestoft with a high position due to the abundance of victories the club managed at this meeting. Picking out the best winning athletes, i.e. Tommy Blackett, 100m (14.3), high jump, (1m-50cm) and long jump (4m-52cm), Jamie Miles, 100m (13.9), 200m, (29.4), Tracy Fiske, high jump, 1m-25cm), a personal best, Diane Moore 75m hurdles (14.6), long jump, 4m-14cm), and many others too longer a list to mention.

In the middle of August the club staged its pre-Carnival road race sponsored by Mynott Builders, with Ted Mynott, himself a keen runner, an entrant. Sixty-five runners in all finished the four mile course starting from the Sparrow's Nest, down the High Street and the pedestrian precinct and on to Kensington Gardens. The runners were then directed down London Road South and back over the bridge to the hospital via Katwijk Way.

The race was won by Nigel Allinson, Ipswich Harriers, in 20-20. Our own club runners finished as follows: Brian Tate, 5th 20-47, Robert Cheverton, 11th 21-29, Gary Knights, 15th 22-01, John Wright, 18th 22-18, John Daniels, 22-56, 20th, Nigel Saunders, 22nd 23-18, Bill Kingaby, 24th 23-26, Richard Algar, 33rd 25-05, Colin Hood, 34th 25-29, Phil Cullen, 25-34, and Chris Wells, 45th 28-44. Barbara Knowles, our lone woman entry, finished a creditable 63rd in a time of 34-18.

At the Eastern Young Athletes League held at Havering at the end of July, Barbara Cook, Robyn Sustins and Clare Short as usual left the opposition gasping with admiration -but there were encouraging performances from many of the other youngsters also. In the boys, Darren McMorran won the 'A' string 800m in a time of 2-18.6 and fellow competitor, Neil Godfrey, took the 'B' timed at 2-30.4. Daryl Sutch was placed second in the 400m 'B' string recording 69.8 seconds. Stuart Calver once again excelled himself in the 1500m, finishing in third place with a time of 5-11.1. The girls too had some good performances. Lorraine Baldry won

the 800m 'B' string in a time of 2-40.2 and Tracey Fiske was 2nd in the 1500m 'A' recording 5-43.3. Tracey also took second place in the high jump with a height of 1m-20cm. Jayne Hook also produced a fine time of 2-35.8 for the 800m 'A', a personal best. Final positions in the teams: Havering 369pts, Southend 354pts, West Suffolk 243pts, Lowestoft 165pts, Dacorum 149pts.

Lowestoft Athletic Club junior and senior ladies' team were considerably below strength for their final fixture in the Southern Womens' League at Yarmouth. Consequently a number of events were not filled by the club, but such is the ability of most of the team that 26 events tackled, the club gained 15 victories. Junior Clare Short had a sprint double winning both the 100m(13.9) and 200m(30.0) 'A' strings, while Joanne Howes backing her by winning the 'B' string 100m(14.9) and gaining second place in the 200m 'B'(30.2). Barbara Cook's only defeat this season was in the national finals. On this day her throws of (26-60cm) discus, (9-56cm) shot and 29m-04cm javelin were much further than her rivals. Rachel Tucker won the long jump 'B' in 3m-84cm, was second in the javelin 'B' recording 15m-02cm, and third in the 80m hurdles, 17.9. The only two senior ladies' available had six wins out of eight events. Peggy Heap won the shot putt 'B', 19m-98cm, second in the javelin 'B', 16m-40cm, first in the shot putt 'B', 7m-50cm and third in the long jump 'A', 3m-57cm. Gillian Farmer's four wins in four events must be close to a club record: javelin, 28m-20cm; discus, 34-58cm; shot putt, 10m-52cm and 100m, 14.5. Match result: Yarmouth 178½ pts, West Suffolk 129½ pts, Lowestoft 110pts.

In early September Lowestoft athletes turned out in force to try to regain the George Herring Memorial Trophy they gained in 1981, but won last year by Ipswich Harriers. But against opposition from Colchester, West Suffolk, Huntingdon and Yarmouth, as well as holders Ipswich, Lowestoft could only manage third, with Ipswich again proving the strongest team. The meeting was once again sponsored by Birds Eye Walls, There were many good performances from our athletes, far too many to mention. Top performers from all clubs were presented with medals and local athletes received more than thirty for their achievements.

Five Lowestoft Athletic club members competed in a field of about 500 runners in Yarmouth's first ever half-marathon. It was a day of heavy rain and strong winds made the 13.1 miles course a little more testing for competitors. First Lowestoft A.C home in third place was Brian Tate in a good time of 69-40, only 25 seconds behind the winner Roy Young of Havering A.C. Chris Durrant fini-

-shed strongly in 15th position, 76-14, just ahead of John Daniels, 16th, 76-15, John Wright, 17th, 76-23, and Brian Harbottle, 24th, 78-30. The club's ladies were involved in a 4½ mile fun run at Yarmouth on the same day. Best placing went to Jane Hook who was 12th out of 90 entries.

Early November the club held its A.G.M at Walmer Road. It was with some regret that long serving member and current chairman, John High, resigned from the club after 13 years involvement. However, he said he still had the club at heart and would still help in anyway he could. I was then elected as chairman for the coming year and wished John all the best for the future.

Amphill, Bedfordshire, was the destination for the club to compete in Bedford's range of cross-country races. Most of the well-known clubs from the south-east were strongly represented but Lowestoft runners, in particular, Lorraine Baldry, gave very fine performances. Lorraine, competing in the girls' under 13 event, put in a magnificent effort to finish 13th from a field of over 200, the best position ever at the meeting by a local girl. Sisters Sharyn and Paula Sarbutt were 138th and 181st in this race.

Stuart Calver's 45th place, again from a strong field of over 200 in the colts' race, was a result of his thorough training. In the junior/senior event, Robert Cheverton was 56th, with Gary Knights 119th and Phil Cullen 245th.

Carl Walker had a fine run for 51st from an entry of 160 in the youths' race with Dale Burden 100th and Robyn Sustins, best known for his track sprinting, but showing courage over a longer distance of 3½ miles, finishing 129th.

Other results: u/11 boys, David Cullen, 111th; junior ladies, Sarah Hill, 120th; boys u/15, Stuart Salmon, 128th; Karen Tallett, 58th; senior ladies, Sally Jeffries, 43rd and Tracy Cleveland, 55th.

Sudbury A.C, a recently formed club, were staging their first meeting of the Norfolk/Suffolk league. The runners were not disappointed at the course they had provided, which was a satisfactory blend of pasture and woodland at Long Melford.

Senior mens' track captain Gary Knights produced a shock with a highly-placed sixth from a field of 89 in the junior/senior mens' event over five miles. Knight's left many cross-country specialists behind him in the performance of the day. The first four club members were well placed and were rewarded with second team overall.

Among the younger members with high standard efforts were Carl Walker, 7th, in the boys/youths race and Stuart Calver, 4th, in the

colts'. Sally Jeffries, known today as Cheverton, in the inter/senior ladies' event had a closely fought battle with Sarah Goldspink, finishing 16th and 17th respectively. There was a similar duel in the girls/junior ladies' race, with Lorraine Baldry overtaking Jane Hook towards the finish for 14th place to Jane's 16th. In all 27 club athletes took part in the meeting.

On the same day Colin Quadling won the men's open five-mile road race organised by the SRI chinmoy athletic club. He won in 24-45 averaging a pace of 4-57 per mile!

"What is it like playing against Liverpool?" That was just one of many questions Ipswich Town and England footballer Terry Butcher faced when he was guest of honour at Lowestoft Athletic Club's prize presentation held at Roman Hill Middle school. Terry, who spent his childhood in Lowestoft, answered a variety of questions about his career after he had presented about 100 trophies and medals to club athletes. He gave a talk on many aspects of football which included light-hearted references to East Anglian rivals, Norwich City. Club president, Ken McMorran, thanked Terry for presenting the trophies and a bottle of sherry and chocolates were presented to Terry by junior ladies club captain, Sarah Goldspink. A good night was had by all.

On Boxing Day morning a few of Lowestoft senior men travelled to Bungay to compete either in the five or ten miles road races.

One lap of five miles was the choice of Christopher Wright, Ray Davidson and John Daniels, who all finished in the first half of the field despite the excesses of the previous day!

In the 10 miles race, it was Brian Tate first home for the club, in second place 54-33. John Wright won his battle with 'Black Dog' Roger Mawar to finish sixth in 56-36. Other Lowestoft places were: Martin Whitelock, 9th, 59-45, Stephen Meen, 10th, 59-53, Ted Mynott, 11th, 60-54 and Richard Read, 23rd in 66-12.

So a very busy '83 was now at an end. We looked forward now to 1984 with some optimism.

.....